ABSTRACT OF THE DISCLOSURE

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A system providing video data in which a constant bit rate data stream is provided between a video source and a video destination, and has a fixed data rate exceeding a predetermined minimum display rate associated with the video destination. Video data is conveyed from the video source to the video destination at the data rate, and is processed for display at the video destination at a varying display rate, between a minimum rate and a maximum rate. The minimum video data display rate at the video destination is less than the fixed data rate of the stream between the video source and the video destination, and excess received video data is stored in buffers in the video destination. Display of the received video data by a display device at the video destination is delayed from when the video data is received by a delay period, allowing buffers at the video destination to fill with video data. When display of the data is initiated, using the buffered video data, the video quality of the display can be improved, incorrectly received or missing frames can be retransmitted and received, and/or a fast forward function can be supported.